

Safety News Letter

AMEDDC&S and FSH, June 2003

BICYCLE SAFETY QUIZ

Each year approximately 800 bicyclists are killed, and 600,000 are injured in motor vehicle related crashes. A bicycle is not a toy: it's a vehicle. Use the following quiz to test your knowledge of bicycle safety.



- Q1. Are there any times when you do not need to wear a helmet?
Q2. Name at least three safe bike-riding practices:
Q3. Riding your bike in the dark is dangerous, but if you have to ride at night, what can you do to make yourself more visible to drivers?
Q4. What kind of things should you check before beginning your ride?
Q5. Where do most bicycle crashes occur?
Q6. When riding your bike, it is important to stay alert. Name three road hazards you should watch for:
Q7. Is it OK to ride a bicycle while listening to audio headphones?
Q8. What is the most serious type of injury for cyclists?
Q9. Always be a courteous cyclist. Remember, _____ have the right of way.
Q10. Always go with the flow of traffic, and stay to the _____.
Q11. Before entering a roadway you should always look _____ for traffic.
Q12. Always check _____ you before changing lanes.
Q13. Your bicycle helmet should fit _____ and cover your _____.
Q14. When making a turn, _____ your moves to others.
Q15. Be safe, Be _____!

ANSWERS ON PAGE TWO

**SCHOOL IS OUT
WATCH FOR
CHILDREN AT PLAY**

BIKE SAFETY CLINIC AND RODEO

The FSH Annual Bike Safety Clinic and Rodeo will be conducted, Tuesday, 24 June, 0800 - 1100. Awards for the rodeo winners will be presented at 1130. The bike rodeo will begin at 0900. Bike rodeo contestants will register and be in line to compete no later than 0930. All children planning to enter the rodeo are encouraged to pre-register. The event will be at Bldg 1705, SAS building and adjoining parking lot at the corner of Dodd Blvd and Winans.

Safety presentations, fun activities, hot dogs and kool-aid will be available. Most activities and food will be free of charge. Children will wear a safety helmet during the bike rodeo. Per AR 385-55 a bike helmet must be worn when riding a bicycle on a military installation. The bike must pass inspection in order to perform during the rodeo. A clinic will be conducted to check safety helmets and bicycles. Fingerprinting and picture taking of your child will be available. The event is open to all military and civilian personnel and family members.

For additional information please contact JC Anders, Safety Specialist, 221-9868.

It Pays to Be Safe

AVOID CHEMICAL EXPOSURE

There are five key elements involved in protecting yourself from exposure to hazardous substances in the workplace:

1. Knowledge:
 - Pay attention to safety training.
 - Read labels and material safety data sheets (MSDS).



2. Personal Protective Equipment:
 - Select the right PPE for the job.
 - Inspect PPE for serviceability.
 - Make sure it fits properly.
 - Properly dispose of PPE.
3. Safe Handling:
 - Inspect containers regularly and report leaks and missing labels.
 - Keep containers closed.
 - Store and use chemicals away from substances and conditions that could cause hazardous reactions.
4. Good Hygiene:
 - Keep food, drinks, and street clothes in designated areas.
 - Wash thoroughly after working with chemicals.
5. Emergency Response:
 - Clean up spills immediately and alert trained responders.
 - Take your evacuation route immediately in an emergency.

School is out, pools are open and people everywhere are looking for fun ways to cool down as the summer sun heats up. As you head for the beach, the lake, the pool, or to the mountains for a camping vacation the FSH Installation Safety Office encourages you and your family to keep safety in mind. Have a Safe and Happy Summer!

Safety Training Forecast

June 4 - 5 0830-1500	CDSO Bldg 2841 Rm 2121
June 11 0830-1000	Heat Stress Bldg 2841 Rm 2121
June 18 0830-1030	PPE/Hazard Assess Bldg 2841 Rm 2121
July 2 0830-0930	Water Safety Bldg 2841 Rm 2121
July 9 0830-1130	Forklift Training TBA
July 16 0830-1000	Heat Stress Bldg 2841 Rm 2121

Safety - Get a Handle on It

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ANSWERS TO THE QUIZ

Q1. No, you should wear a helmet every time you get on a bike.

Q2. 1) Ride single file. 2) Obey traffic signs, signals, and lane markings. 3) Signal your moves to others. 4) Check for traffic at intersections. 5) Stay alert at all times.

Q3. Wear clothing that reflects the light; make sure your bike has a headlight that is bright and white; and equip your bike with reflectors on the front and rear, and on the pedals and wheels. **BE SEEN!**

Q4. 1) Tire inflation and brake check. 2) Always wear neon, fluorescent or other bright colors when riding during the day. 3) Carry your books and other items in a bicycle carrier or backpack.

Q5. At intersections.

Q6. Potholes, wet surfaces, storm grates, cracks, gravel, etc.

Q7. NO, you want to be ALERT.

Q8. Heat injuries.

Q9. Pedestrians.

Q10. Right.

Q11. Left – Right – Left

Q12. Behind.

Q13. Snugly/Forehead

Q14. Signal.

Q15. Seen.

PAINTING ACCIDENT

Spring is here and summer is just around the corner. Time to spruce up around the house and/or that favorite getaway bungalow. But as many of you know injuries can occur from over exertion or from using defective tools and equipment. Below are some pictures of a Corps employee who was using an airless paint sprayer at his home. While using the sprayer the valve broke off and to stop the flow of paint from spraying in his face, he placed his hand over the valve and the pictures are a result of this action. According to the info I received and I quote, "it shot paint solvent all the way to the bone." Was this a preventable

accident? Generally, valves don't usually break-off or fall-off. What may have prevented this accident? What may prevent this type of



equipment failure from injuring you? Make sure you know how to use the equipment and be sure to inspect the tools/equipment before use. Look for small cracks, breaks, tears, punctures, loose parts, etc. Take the time to ensure the equipment you are about to use is safe. Periodically while using the equipment, take a quick scan of the item to detect any problems and take immediate steps to correct them. Do not continue to operate or use defective tools and equipment. If you do, you may become a statistic. When finished be sure to clean and store equipment properly to prevent damage/deterioration. Always wear the appropriate personal protective equipment (PPE) as recommended by the manufacture. Basic PPE may include gloves, eye protection, long sleeve shirts, protective footwear, long pants, hearing protection etc. In addition, do not forget your sunscreen (SPF 15 or higher) and a good insect repellent.

Congratulations to
SPC Noble Crosby III
Winner of the 2003 FSH Safety Day
Forklift Rodeo

"HOOAH"
**2nd Qtr Safety Award
Winners**

Civilian Safety Award
Mr. Alonzo Perry, PWBC, O&M
Soldier Safety Award
SSG Dorothy Howard, F. Co.

187th Med Bn

Tips on Preventing and Managing Heat

- ☀ Drink plenty of fluids, regardless of your activity level. Don't wait until your thirsty to drink.
- ☀ Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar. These actually cause you to loose more body fluids.
- ☀ Wear light weight, light colored, loose fitting clothing.
- ☀ Never leave anyone in a closed, parked vehicle.
- ☀ Limit your outdoor activity to morning and evening hours.
- ☀ Try to rest often in shaded areas.
- ☀ Protect yourself from the sun by wearing a hat, sunglasses, and sunscreen of at least SPF 15.
- ☀ Check regularly on infants and young children, people over age 65, and those who are physically ill especially with heart disease or high blood pressure.
- ☀ Warm weather means activities and fun under the sun! Don't let a heat related illness ruin your summer. Stay Cool and Be Safe!

Summer Driving Tip "Click it or Ticket"

Useful Websites

OSHA: www.osha.gov

Army Safety Center:

<http://safety.army.mil/home.html>

For additional assistance contact
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Safety Manager, Bldg 2250
AMEDDC&S and FSH Safety
Office,
Directorate of
Safety, Environment and Fire
2404 New Braunfels Ave, Stop 38
Fort Sam Houston, Texas 78234
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Or visit Installation the Safety
Office Website at:

Time Never Runs Out on Safety

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<http://www.cs.amedd.army.mil/iso/>
THINK SAFETY

Time Never Runs Out on Safety

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